

Hubungan rasa takut jatuh dengan lama rawat pada usia lanjut menggunakan Falls Efficacy Scale international (FES-i) = Fear of falling and length of stay correlation in elderly using Falls Efficacy Scale international (FES-i)

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Abstrak

ABSTRAK

Latar Belakang: Lama rawat pada usia lanjut dipengaruhi oleh rasa takut jatuh. Rasa takut jatuh dapat mempengaruhi kehidupan usia lanjut, yang akan berdampak pada menurunnya aktivitas kehidupan sehari-hari, status kesehatan fisik, dan kualitas hidup. Penelitian ini bertujuan untuk menilai hubungan rasa takut jatuh dengan lama rawat pada usia lanjut.

Metode: Desain studi potong lintang. Penelitian dilakukan terhadap 50 pasien usia lanjut di ruang rawat akut geriatri yang didapat secara konsekutif. Rasa takut jatuh dinilai dengan kuesioner Falls Efficacy Scale International (FES-I). Lama rawat dihitung dalam hari. Penilaian hubungan rasa takut jatuh dan lama rawat menggunakan korelasi Pearson.

Hasil: Didapatkan rasa takut jatuh sedang sebanyak 16% dan rasa takut jatuh berat sebanyak 84%. Tidak terdapat rasa takut jatuh ringan. Didapatkan korelasi positif bermakna antara rasa takut jatuh dengan lama rawat pada usia lanjut ($r=0,58$, $p=0,000$).

Simpulan: Terdapat hubungan yang bermakna antara rasa takut jatuh dengan lama rawat pada usia lanjut.

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ABSTRACT

Background: Length of stay in elderly is affected by fear of fall. Fear of fall could influence elderly life, which further can cause in decreasing activity of daily living, physical health, and quality of life. The aim of this study was to look the correlation between fear of fall and length of stay in elderly.

Methods: The study was a cross sectional study which looked at 50 consecutive elderly patients in geriatric acute ward. Fear of fall was evaluate using Falls Efficacy Scale International (FES-I). The length of stay was measured by days. The correlation between fear of fall and length of stay was evaluated using Pearson Correlation.

Results: 16% fear of fall was moderate and 84 % was severe. None of them was mild fear of fall. There was a significant positive correlation between fear of fall and length of stay in elderly ($r=0,58$, $p=0,000$)

Conclusions: There was a significant correlation between fear of fall and length of stay in elderly.